

CLAIMS:

1. A balance-exercising semi-spherical apparatus comprising:
  - a base disk having thereon a receiving recess, having a hole for connecting an external aeration equipment, and having two connecting portions on two diametrically mutually opposite ends thereof;
  - two pulling ropes made of elastic material, one end of each of said pulling ropes having a handle, the other end having a connecting member, so that said pulling ropes being detachably connected to said connecting portions on said two diametrically mutually opposite ends of said base disk;
- 10 an annular frame in the form of a semi-sphere with an air cushion therewithin, said air cushion connecting an air faucet, said annular frame being placed on and connected to said base disk, said air faucet being used to aerate said air cushion to form a semi-sphere through said external aeration equipment connecting with said base disk;
- 15 a fixing ring connected with said base disk, said annular frame being fixed tightly on said base disk;
  - thereby, a user is allowed to hold with his hands said two pulling ropes on said two diametrically mutually opposite ends of said base disk to tread, jump, seat and lie on said air cushion for exercising for health.
- 20 2. The balance-exercising semi-spherical apparatus as in claim 1,
  - wherein said other end of each of said pulling ropes having said connecting member has thereon an engaging stub, said connecting portions on said two diametrically mutually opposite ends of said base disk protrude out of the periphery of said base disk; said connecting portions each has an insertion hole to allow 25 extending and screwing of said engaging stubs therein for connecting.

3. The balance-exercising semi-spherical apparatus as in claim 1,  
wherein said air cushion is provided with a lot of massaging protrusions on the  
surface thereof.

4. The balance-exercising semi-spherical apparatus as in claim 1,  
5        wherein said base disk is provided on the bottom thereof with a plurality of  
footings to support said base disk.

5. The balance-exercising semi-spherical apparatus as in claim 1,  
wherein said hole on said base disk is provided at the center of said base disk.

6. The balance-exercising semi-spherical apparatus as in claim 1,  
10      wherein said base disk is provided on the periphery thereof with a plurality of  
connecting holes to connect said annular frame; said fixing ring is provided on the  
periphery thereof with a plurality of holes in confronting respectively with said  
connecting holes provided on said periphery of said base disk.

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